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| **Theme:** | **None – At Home Zoom Meeting** |

Date: 17 April 2020

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| **Time** | **Min** | **Activity** | **Equipment** | | **Scouter** |
| 16h00 | 5 | **Opening:**  Welcome cubs and parents  Explain how Zoom meeting works | None | | Akela/Kai |
| We hope you have all been remaining active during the lock down and doing your daily planks so let’s see if you can get some blood pumping now. You all need to run on the spot for 30 seconds when I say GO, then do 5 star jumps when I say JUMP and then you need to plank for as long as you can until I say STOP. Are you all ready? GO | | | | | |
| 16h05 | 3 | **Steam Release:**  Get cubs to run on the spot for 30 seconds and then do 5 star jumps. Then everyone to plank for as long as they can up to 60 seconds. | None | | Akela/Bagheera |
| Fantastic guys. You are all stars at planking already. Remember to keep it up as we are going to see if you can beat the leaders at planking when we get back to proper meetings.  Now you need to put your thinking caps on and scavenge for items around your house that are green or yellow and display them on your scarf like in the picture I will show you. You have 8 minutes to find items and display them and send us a pic on the Protea Ridge Cub Group. Ready? GO | | | | | |
| 16h08 | 8 | **Wide Game: Scarf Scavenger Hunt**  Cubs have 8 minutes to find items around their house that are either green or yellow and display them on their scarves (see pic) | Scarves  Items from around the house | | Chil |
| Wow, you cubs (and parents) did so well. Awesome job everyone. I know we have been at home for a long time now and you haven’t seen road signs in a while, but do you think you can remember your road signs? We are going to have a quick road signs quiz. Please raise your hand or click the raise your hand button on Zoom. Please don’t all shout out the answer. | | | | | |
| 16h16 | 10 | **Quiet Game: Road Sign Quiz**  Cubs have to answer some questions to get points – Cubs need to raise their hand before answering. | Road Signs pics | | Kai |
| Well done, you now know your road signs. Now you are going to make a funny new person to share lockdown with you. You need to create a funny toilet roll person using your toilet, 2 toilet rolls and then anything else you have at home. Here is a picture of my toilet person. You can post a picture of your toilet person on the Protea Ridge Cub Group and the leaders will vote for the best design. You have 5 minutes to do this. Ready? GO | | | | | |
| 16h26 | 5 | **Activity: Toilet People**  Cubs need to use their creativity to make a toilet person. | | None | Akela |
| Fantastic everyone, there are some great loo people pics coming through. Did you have fun tonight? If we do another meeting like this next week what things would you like to do? Raise your hands.  Does anyone have anything they want to say or ask? | | | | | |
| 16h31 |  | Remaining Time to chat and for cubs to ask questions. |  | |  |